Vocal health and hygiene study questions

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Name the disorder whose symptoms include (a) breathy mid voice, (b) cracking on high notes, (c) hoarseness, (d) lack of endurance and intensity, and (e) an inability to sing softly.

Nodules
The other name for contact ulcers of the arytenoids cartilages.

Granuloma

This condition can be brought about by singing with too much intensity in the middle voice, especially in females.

Nodules
This disorder’s symptoms include hoarseness, a breathy sound, and a sensation of needing to clear the throat. This disorder is the result of a vocal fold hemorrhage.

Polyp

The treatment for the vast majority of vocal nodules includes a carefully monitored program of ______________.

Voice therapy
This disorder is frequently caused by a single traumatic event, like yelling at a ball game or severe coughing.

**Polyp**

Often called corns of the folds, these thick bumps prevent the folds from closing completely or stretching efficiently.

**Nodules**
This condition is sometimes caused by acid reflux or surgical intubation.

Granuloma

This disorder is frequently caused by singing with too high an air pressure and too many glottal onsets.

Nodules
This disorder is characterized by vocal fatigue, painful phonation, and persistent reoccurrence of symptoms, even after rest. Primarily caused by an overly low pitched speaking voice and too many glottal onsets.

Granuloma

Over-function of this gland lowers the pitch of the voice and coarsens the quality of the sound.

Thyroid Gland
Symptoms of this hormonal change include vocal fatigue, hoarseness, loss of range, vocal fold swelling and breathiness.

Menstruation

This hormone, and other like it, can cause permanent changes in a woman’s vocal folds – thickening and stiffening connective tissues, altering range downward.

Testosterone
One early symptom of this disorder is a lowered basal body temperature.

Hypothyroidism

Elevating the head and shoulders, eating several hours before bedtime or singing, avoiding caffeine, acidic foods, milk/dairy products and alcohol, are all tips for avoiding what potentially voice threatening condition?

Gastro-esophageal reflux
This surgical procedure involves placing a flexible tube between the vocal folds into the trachea.

Endotracheal Intubation

Washing your hands frequently with hot soapy water and keeping them away from your mouth, nose and eyes are the best way to avoid what?

A cold
The best thing to do when you have an upper respiratory infection.

Rest and drink lots of water.

This condition is generally caused by bacteria and is marked by swollen or inflamed tonsils and lymph glands of the neck.

Tonsilitis
This condition (viral or bacterial) is marked by red, swollen vocal folds, and a weak, husky or non-existent speaking voice.

Laryngitis

Fatigue of the vocal folds, intrinsic muscles, respiratory muscles and thickened mucus are some of the results of this.

Vocal overuse
Varied dynamics, speak-singing, avoiding extreme notes (low and high) are all techniques for this type of rehearsing.

Marking

A consistent program of testing voices on an individual basis is essential to maintaining a healthy choral program with young singers. This is in order to avoid what problem?

Assignment to the wrong tessitura part
This is the single most important trait of young voices (junior high through college undergrad) to remember when training them.

**Limited Endurance**

Good technique plus this factor can be as destructive to the laryngeal muscles as poor technique.

**Singing at an excessive volume**
List three primary vocal tissue irritants in society.

Dust
Dry air
Pollution

List three drawbacks of air travel for singers.

Very dry air in the plane
Noisy environment
Time zone changes
What are two simple things you can do to maintain good hydration?

- Drink lots of water
- Sleep with a humidifier

What type of rest is necessary immediately after a performance?

- VOCAL REST
  (so watch out about going to a noisy party or restaurant)
Name three sure-fire cures for stage fright.

- Reliable technique
- Careful preparation
- Good physical conditioning